



January 2020

Island County Parent to Parent Newsletter

INFORMATION, RESOURCES & SUPPORT FOR SPECIAL
NEEDS FAMILIES IN ISLAND COUNTY

Island County Parent to Parent, DDA & Oak Harbor Public Schools invite you to **FREE**



Right Response™ Training

- Do you want help identifying triggers that cause sensory overload/meltdowns?
- Does your child have behaviors that you want to learn skills on how to de-escalate?
- What do you do after the behaviors? Learn about Postvention.

Date: Friday, March 13, 2020 Time: 9am-2:30pm

Part 2 is offered Wednesday, March 18th 9am-2:30pm

Location: Oak Harbor Public Schools Admin Bldg 350 South Oak Harbor Street

Limited Spots. RSVP TODAY! You Must RSVP to attend

Priority given to parents/guardians of individuals with disabilities.
For adults only, no childcare provided. NOTE: Bring your own lunch

You must take Part 1 Training before you can take Part 2 offered March 18th

This training is used by all Island County School District employees. Learn what those working with your child use as prevention and management techniques.

RIGHT RESPONSE™ training is designed for anyone who might encounter an individual with a behavioral escalation. The focus of this workshop centers on preparation and management of oneself for success when needing to de-escalate an individual or avoid their potential dangerous behavior.

Attendees in this workshop will learn the cycle of risk management and response. This process includes a large focus on Prevention Strategies as well as de-escalation Techniques.

Postvention Learning is also a necessary task of risk management and response. Self-protection or physical intervention skills are not taught in this workshop. Those skills are taught in Part 2 on March 18th.

To RSVP Call/Text: Tiffany (360)632-7539 Email: t.wheeler-thompson@islandcountywa.gov

The foundation
of being
a mom isn't built
on perfection but
is rather built
on showing up
and trying even when
you
don't have a clue what
to do next.

Rachel Martin FindingJoy.net

For all the parents that had to wait longer to hear a first word, who spent more time in doctors offices with their child than on playdates, who endure the countless “bad days” and the stares from other people..... For the parents whose child’s first friend was their therapist.... For the parents who face special needs everyday....

WE SALUTE YOU!

~Gigi’s Playhouse

Want to be a part of the solution?

Join the Accessible Communities Committee. We identify barriers that people with disabilities experience in our community. The committees address those needs with projects to obtain accessibility for everyone. Physical, mental health, at-risk, veterans, cognitive, etc. Our community needs to be accessible to all.

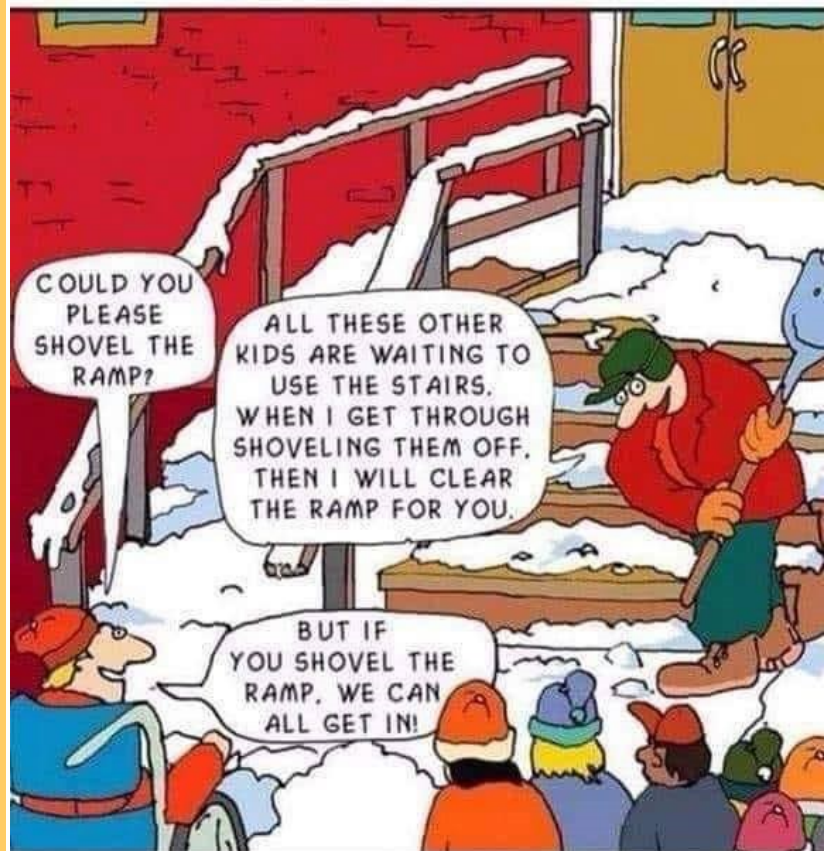
We are seeking self-advocates and family members, as well as providers to be a part of these committees. One committee on Whidbey Island and one on Camano Island. The committees are a sub-set of the Governor’s Committee on Disability Issues and Employment. Collaboration is key.

Questions or want more details, contact Tiffany Wheeler-Thompson, facilitator for Island County. Check out the Governor's website for more details.

<https://accessiblecommunities.wa.gov/>

Projects approved for Island County & funded by the Governor’s committee to date:

- Bus Stop Seats for those that can’t stand long.
- Mental/Behavior Health Resource Guide for First Responders



**CLEARING A PATH
FOR PEOPLE WITH SPECIAL NEEDS
CLEARS THE PATH FOR EVERYONE!**

Island County Support, Social & Advocacy Groups

Island County Parent to Parent

What is Parent to Parent? Parent to Parent offers Support, Resources, Networking and Educational Opportunities for Special Needs Families.



Island County Parent to Parent Coordinator—Tiffany Wheeler-Thompson
Contact Info: t.wheeler-thompson@islandcountywa.gov (360)632-7539– Call or Text
For updates on resources, events, articles and networking opportunities:
www.facebook.com/islandcountyparent2parent



Coffee & Conversations

Casual drop in group, no RSVP needed. All are welcome. You'll meet others that "get it". As parents we understand there are highs and lows, myths and realities to raising a child/adult with special needs. Support and resources always available. Great way to enjoy adult time away from doctors, schools and therapy appointments. Tiffany (360)632-7539

North: Meets the **1st Wednesday of the Month** at Whidbey Coffee next to Wendy's in Oak Harbor
11am-Noon Jan 8 (due to Holiday), Feb 5, March 4, April 1, May 6. No meetings June, July or Aug

South: Meets the **1st Friday of the Month** at Flower House Café at Bayview Farm & Garden
10-11am 2780 Marshview Avenue, Langley Jan 3, Feb 7, March 6, April 3, May 1—No Summer Meetings



PAMI: Padres Apoyando Motivando Informando

7:00-8:30pm

(Grupo de apoyo para familias de niño con necesidades especiales) **Primer Martes de Cada Mes:**
Aptitude Habilitation Services, Oak Harbor. Se provee cuidado de niños. Si tiene alguna pregunta,
por favor comuníquese con: Laiza Ramos (787)529-6788 pamiespanol@gmail.com



Whidbey Functioning Autism Social Group

A group that meets for resources, support and social events for families with high functioning Autism and Asperger's, teens to adults. Contact Todd at fineart@whidbey.net for more details

Heritage Adventurers

A friendship group for 18 and over on Whidbey Island meets for outings and events as they find interesting things to attend. They are called Heritage Adventurers. Their various abilities and different ways of learning and sharing make the group fun to be with. Sue Andrew at 360.321.5748

People First of Washington

5:00-6:00pm

People First is an advocacy and social group for adults with disabilities that want to meet others in their community. **2nd Thursday of the Month** in Oak Harbor, location may vary. Contact Mike Etzell for location and time (360)678-7883

Flying Fingers

Deaf and Hard of Hearing Social. Contact Susan for more details. They meet the **first Friday of the month** (360)221-0383



Accessing Mental Health Services in Washington State



If your child has a dual diagnosis of I/DD and mental illness, overlapping systems can make it difficult to know where to turn for crisis intervention, evaluation, and treatment (including individual therapy, group therapy and medication management). Except in the case of a life-threatening emergency—when it's time to call 911—the following offers a simple guide to three main access points for mental health services, also known as behavioral health.

PRIMARY CARE PROVIDER

Covered by: Apple Health (formerly Medicaid); Medicare; Private Insurance

For children and adults receiving Apple Health/Medicaid who do not meet Access to Care standards (see inset), and individuals covered under private insurance or Medicare. Contact your primary care provider for evaluation, treatment and/or referral to a mental health professional enrolled in Apple Health or your private health care plan. Some plans allow for self-referral to a mental health professional. Consult your plan for details.

BEHAVIORAL HEALTH ORGANIZATIONS (BHO)

Covered by: DSHS Division of Behavioral Health & Recovery for Medicaid-eligible individuals

For children and adults who meet Access to Care standards (see right) for higher intensity mental health services not covered by the Apple Health plan, and for substance use treatment. BHOs coordinate mental health services through contracts with community mental health agencies in their area. BHOs exist in every county except Clark and Skamania (where all mental health services are provided through the individual's Apple Health's Managed Care Organization).

To access services::

- Contact your local BHO directly (for a list of contact numbers, visit: informingfamilies.org/bho); or,
- Contact a BHO-contracted treatment agency directly; or,
- Contact the 24-hour, free and confidential Washington Recovery Help Line at 1-866-789-1511 (TTY 1-206-461-3219), or visit www.waRecoveryHelpLine.org. You will be referred to a BHO that will connect you with a provider.

DEVELOPMENTAL DISABILITIES ADMINISTRATION (DDA)

Covered by: DDA Program Funding

For children and adults enrolled in DDA. Contact your DDA Case Resource Manager to request behavioral support or behavioral health stabilization services.



BHO Eligibility Standards

The individual is determined to have a mental illness under a covered diagnosis.

The individual's impairment(s) and corresponding need(s) must be the result of a mental illness.

The intervention is deemed to be reasonably calculated to improve, stabilize or prevent deterioration of functioning resulting from the presence of a mental illness.

The individual is expected to benefit from the intervention.

The individual's unmet need would not be more appropriately met by any other formal or informal system or support.

Informing Families

Building Trust

A Partnership for Better Communication
on Developmental Disability Issues in Washington State



Options for Children with Intensive Behavioral Support Needs

If your son or daughter has intensive support needs due to mental health or other disability-related behaviors that pose a risk to health and safety, the Developmental Disabilities Administration (DDA) and the Division of Behavioral Health & Recovery's Regional Support Networks (RSNs) have programs that provide stabilization and support for both the child and family.

DDA

CHILDREN'S INTENSIVE IN-HOME BEHAVIOR SUPPORT (CIIBS)

Positive behavior support and team-based planning for children with developmental disabilities (ages 8-20) living in the family home who are at risk of out-of-home placement due to the intensity of their behavioral challenges. In CIIBS, the family partners with a behavior specialist to create and follow a positive behavior support plan that fits the whole family. Other services include respite, assistive technology, and therapeutic equipment and supplies.



ENHANCED RESPITE

Short-term respite in a DDA contracted (and licensed) staffed residential home for youth between ages 8 to 18. Enhanced Respite provides a break in caregiving, behavioral stabilization and service planning with the goal for the youth to remain in the family home. Respite can be received for a maximum of 30 calendar days in a year and is offered in two sites: Shoreline and Bonney Lake.

COMMUNITY CRISIS STABILIZATION SERVICE

A state operated community behavioral health stabilization program that provides short-term supports to individuals who are in crisis or risk of hospitalization (comparable to CLIP). Intensive supports and collaborative treatment services for up to 180 days to youth ages 8 to 17 (up to 21 for school-enrolled participants), with the goal of returning to the family home.

➔ TO APPLY FOR DDA SERVICES

If your child is a client of DDA, but not receiving a paid service, call the No Paid Services number in your area and ask to be assessed for CIIBS waiver enrollment.

If your child is receiving services from DDA, but it is not enough to help your child remain at home, contact your case resource manager.

For the number of the DDA office nearest you, visit:

dshs.wa.gov/ddd/contacts.shtml

RSN

CHILDREN'S LONG TERM IN-PATIENT PROGRAM (CLIP)

Psychiatric treatment in a secure and highly structured setting designed to assess, treat and stabilize youth diagnosed psychiatric and behavioral disorders (5 locations in the state). Treatment is designed to increase the youth's skills and adaptive functioning with a focus on reintegration back into a community setting, as quickly as possible. *CLIP is a course of mental health treatment, not a place for the child to live indefinitely.*

WHO IS IT FOR?

Legal residents between ages 5-18 diagnosed with a severe psychiatric disorder whose needs exceed those offered by community mental health resources and who pose a risk to self or others.

For more information,
visit clipadministration.org

➔ TO APPLY FOR CLIP

Contact your local [RSN](#)'s designated Children's Care Coordinator (CCC) to informally assess what mental health resources have already been tried and what else could be tried. If the RSN feels that CLIP is appropriate, an application will be provided.





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[Island County Special Needs Resource Guide](https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx)
<https://www.islandcountywa.gov/Humanservices/Pages/Parent-to-Parent.aspx>

What is Parent to Parent?

Learning that your child has a disability can be a traumatic experience. Or it may be a relief to finally have answers.

Parent to Parent Programs offer emotional support, information about disabilities and community resources to parents who have a child with a disability or special health care need.

Parent to Parent Services: No Cost Services:

- Support
- Resources
- Monthly Newsletters
- Support Meetings
- Educational Workshops
- Social/Recreational Events
- Presentations in our Community

SSI vs SSDI

SSI and SSDI are both programs for supporting people who have disabilities that stop them from being able to work.

However, the program that works best for you will be dependent upon a couple of different factors. We broke down the differences between SSI & SSDI

Supplemental Security Income (SSI) is a program through the Social Security Administration (SSA) designed to provide a monetary benefit to Americans who are older than 65, blind, or disabled. SSI is needs-based, meaning that the beneficiaries must be below a certain asset threshold. And they must have limited income, and/or income earning potential.

SSI is often paired with Medicaid, administered by individual states. Recipients of SSI often also qualify for food stamps.

Social Security Disability Insurance (SSDI) is similar to an insurance program you might buy into for the contingency that you might become unable to work due to an injury in the future. In actual fact, it is essentially just that – an insurance program. Though, it's not really opt-in if you're employed; you pay (or paid) into it through payroll taxes. You may qualify for a spouses or parents benefit.

The payout for SSDI is **typically higher than SSI**, but it requires that you have a relatively recent work history, to base the amount of your benefits on. Beneficiaries become eligible for Medicare after two years of being on SSDI.

Talk with a benefits planner (available with Social Security Administration <https://www.ssa.gov/planners/>) to identify what you may qualify for or what works best for you.

Social Security "Disability"

SSI

Supplemental Security Income

65+ Years; or,
Blind; or,
Disabled

Income Restrictions

Medicaid (after 2 months)

SSDI

Social Security Disability Insurance

Recent Work History
(within 5 years)

Unable to Work Due
to Disability

Medicare (after 2 years)